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ABSTRACT

Parents who are having difficulty coping with their child's behavior need to understand the reasons for their child's behavior and to feel confident in their way of handling the situation. This book explains how to make, maintain, repair and strengthen relationships with teenagers. It encourages parents to take control of the parenting situation by taking control of their own actions and reactions. Following an introductory overview of adolescence, the chapters of the book are: (1) "The Purposes behind Misbehavior"; (2) "Changing the Parent-Child Relationship"; (3) "Being Assertive with Teenagers"; (4) "Communicating with Teenagers"; (5) "The Adult Emerging from the Child"; (6) "Helping Teenagers Make Adult Decisions"; (7) "Consequences"; and (8) "Letting Go of Your Teenager." (HTH)

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